



DECEMBER REFLECTION



*May need additional space

1. What have you learned about yourself this year?
2. One thing that I have improved this year was _____.
3. What new skill do you have?
4. The best advice I was given this year was _____.
5. What was the most exciting place you visited this year?
6. I felt the most sad this year, when _____.
7. Who is/are the first person/people you took a picture with this year?
8. I faced my fear of _____ this year. I'm proud of it because _____.*
9. How did you adapt to a major challenge this year?
10. I felt kindness like never before when _____.
11. What about this year brought you the most joy?
12. I'm most at peace with _____.
13. Are you proud of your progress this year? Why or why not?*
14. The most spontaneous thing I did this year was _____.
15. What was one time that you were truly faithful this year?
16. My vote for album of the year is _____.
17. What is the funniest thing that happened to you this year?
18. Over the course of the year, I have become gentler in _____.
19. What made you feel most alive this year?
20. The most inspirational thing I witnessed this year was _____.*
21. What was the most relaxing thing you've done?
22. Describe your year in six words.
23. I know that I'm loved because _____.
24. What is your level of contentment with the way your year went?
25. What's a good thing you want to remember about this year?
26. I have grown in patience because _____.
27. What quote summarizes your view of this year?
28. God, is that you?! Share something you a thankful God did this year.*
29. Which of your goals did you achieve?
30. How have you expanded your mind?
31. What was the highlight of this year?

Journal Prompts

